

HOUSEWIVES MAY USE MEATS WITH ECONOMY

Expensive Item on Food Bill Ought to Be Bought and Prepared Sensibly.

NEED PERSONAL SUPERVISION

Many People Eat Entirely Too Much Meat, and Reduction in Quantity Would Cut Costs and Aid Digestion—Some Valuable Recipes.

WASHINGTON, April 21.—Meat is one of the more expensive items in the food bill of the ordinary family, and for this reason it is important that it be bought and used to the best possible advantage.

American consumers are reminded of this in a statement just issued by specialists of the United States Department of Agriculture. The methods by which economy may be effected will vary, it is pointed out, with the conditions surrounding each family, with the amount of personal supervision given by the housewife to the preparation of food, with her skill, with market conditions, and with the willingness of the family to eat dishes other than those—often especially expensive—for which they have a special liking.

MANY PERSONS EAT TOO MUCH MEAT

Many persons, says the statement, eat overabundantly of meat. In such cases it should be possible, if the incentive is great enough, to reduce expenditure for meat by reducing the amount purchased. Where meat has been purchased by telephone or orders to a butcher's boy, personal shopping and careful selection may make a saving possible. Still another possibility for economizing is to purchase cheaper cuts and to compensate for any toughness and less desirable flavor by preparing them more carefully for the table. Finally, economy often may be achieved by utilizing the meat more completely, including the trimmings and bones and leftovers.

In purchasing the cheaper, and often tougher cuts of meat instead of the choicer cuts, a housewife is losing little, if any, nutriment, provided, of course, the proportion of bone to meat is no greater than in the most costly kinds. She rather is sacrificing only texture or flavor or ease of preparation for the sake of cheapness; and, if she wishes to produce dishes as palatable as those made from expensive meats, she must expend more care on preparing, flavoring and cooking. If the cheaper steaks are purchased, for example, a degree of tenderness may be imparted to them by the well-known method of pounding the meat. The juices and flavors of such steaks will be retained more satisfactorily if flour is sprinkled over them during the heating process, and so worked into the fibers on the surface.

Another common method of utilizing the tougher meats is to grind them and form them into balls, which may be broiled like steak. Cheap cuts of meat also may be cooked slowly with vegetables or dumplings in a casserole or any other thick-walled baking dish which can be covered, the juices thereby being retained.

TRIMMINGS FROM MEAT MAY BE UTILIZED

Whatever the quality of meat bought, undoubtedly there will be, in most cases, trimmings and scraps, such as fat, bones, gristle, etc. The fat may be used by grinding or chopping and heating in a double boiler. The trimmings then may be boiled in water and allowed to solidify on the surface of the water, when the latter could, impurities being scraped from the under surface of the cake. Trimmings of lean meat, gristle and bone may be boiled slowly and used for soup stock.

Leftover portions of cooked meats from serving dishes may be used in a variety of ways to prepare palatable dishes, utilizing such materials and in the preparation of other meats, the knowledge of a few general principles of cooking, such as the quantity of flour required to thicken sauce, the time needed for cooking meats of varying toughness, the proportion of starchy foods or succulent vegetables to combine with meats, and the like, makes it easy to utilize whatever materials may happen to be on hand without a special recipe for each particular dish. Leftover cooked meats may be used, like small pieces of uncooked meat, with vegetables and other foods in the preparation of casserole dishes. In making stews, hashes, croquettes, etc., cold sliced meat may be served with hot gravy made from soup stock, milk, meat fat and flour or other ingredients.

An important way in which the amount of money expended for meat may be lessened is by preparing relatively small quantities of meat in such a way as to extend its flavor to other and cheaper foods. In using meat so as to extend its flavor, it may be ground and combined with rice, bread crumbs, etc., to form croquettes made into pies with relatively large quantities of pastry, cooked with dumplings, served in the same dish with

gravy and starchy foods, such as spaghetti or rice; ground and used with bread crumbs or other materials, as a stuffing for vegetables, such as tomatoes and green peppers; or cut thin and wrapped around a stuffing of bread crumbs, rice, vegetables, etc.

If it is considered desirable, other protein foods may be consumed in larger quantities to take the place of the meat formerly eaten. This protein may be furnished by eggs, if they are cheap; skim milk, cheese, dried beans, peas, cowpeas and other legumes.

A few typical recipes are given here as examples of the many dishes housewives may prepare with meat as the chief ingredient.

DISHES FROM CHEAPER CUTS OF MEAT

Broiled Beef or Pot Roast.—Brown the meat on all surfaces, place in closely covered kettle or other receptacle with small quantity of water and flavoring vegetables, such as onion, carrot, etc., and cook until tender. Browning the meat helps to keep in the juices. The slow cooking in water and steam makes for tenderness.

Savory Beef.—Cut a pound of top round of beef into two-inch pieces and sprinkle with flour; fry a small piece of salt pork until light brown; add beef and fry for about thirty-five minutes, stirring occasionally. Cover with water and simmer about two hours (fireless cooker may be used); season with salt and pepper or paprika. Serve with a sauce made as follows: Cook in water twenty minutes a cup of tomatoes, part of a stalk of celery, one-half onion, three whole cloves, three peppercorns and one blade of mace or a very little nutmeg. Rub through a sieve, add some of the gravy from the meat, thicken with flour moistened with cold water, and season with salt and paprika. Noodles, boiled rice, hominy or chopped potatoes, carrots and green peppers or other vegetables and season, may be served on the same dish.

Casserole Roast.—(A casserole may be improvised by using a heavy earthenware dish covered with a plate.) Brown round or rump of beef in fat from a slice of fried pork. Place in casserole with chopped carrot, turnip, onion, celery, etc., around it. Add two cupsful of water or stock, cover and cook in hot oven three hours, basting occasionally.

HOW TO JENTEND THE FLAVOR OF MEAT

Stew With Dumplings.—Make stew from small pieces of meat and vegetables, cooking it on stove or in fireless cooker. Serve with dumplings made as follows: for a stew using one pound of meat, mix a little more than one-third cup flour with one teaspoonful

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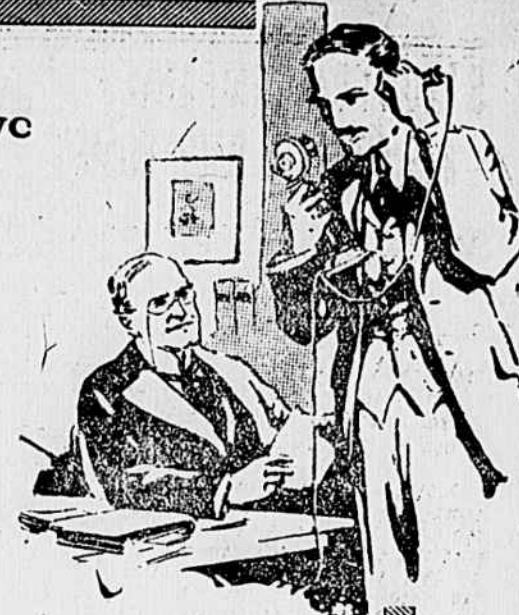
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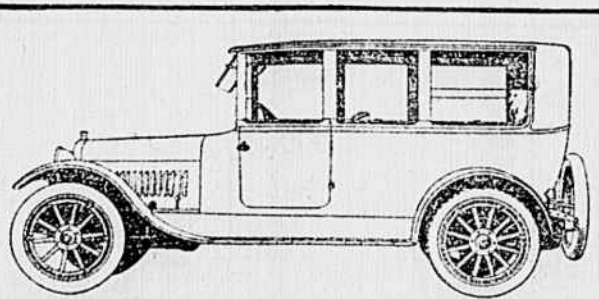
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